

**Download & Sign Up for Classes  
via the FITLAB FITNESS CLUB APP**

Group Fitness Director: Colleen Wharton - colleengymfit2021@gmail.com

**MONDAY**

9:00 - 10:00

9:00 am  
**Spinning**  
(Group X Room)  
~ **Melissa**

**TUESDAY**

9:00 - 10:00

9:00 am  
**Sculpt, Barre & Core**  
(Group X Room & Zoom)  
~ **Melissa**

**WEDNESDAY**

6:00 - 7:00

6:00 pm  
**Cardio Kickboxing**  
(Boxing Room)  
~ **Bryan**

**THURSDAY**

9:00 - 10:00

9:00 am  
**Reps & Sets**  
(Group X Room & Zoom)  
~ **Melissa**

**FRIDAY**

9:00 - 10:00

9:00 am  
**Cardio & Strength**  
(Group X Room & Zoom)  
~ **Martine**

**SATURDAY**

9:00 - 11:00

9:00 am  
**Reps & Sets**  
(Group X Room & Zoom)  
~ **Colleen**

10:15 am  
**Bootcamp**  
(Group X Room)  
~ **Arianna**

**SUNDAY**

5:00 - 7:00

5:00 pm  
**Yoga**  
(Group X Room & Zoom)  
~ **Rose**

6:00 pm  
**Spinning**  
(Group X Room)  
~ **Melissa**

6:00 pm  
**Cardio Kickboxing**  
(Boxing Room)  
~ **Bryan**

6:00 - 7:00

6:00 pm  
**Black-Out Bootcamp**  
(Group X Room)  
~ **Bryan**

5:45 - 6:45

5:45 pm  
**Spinning**  
(Group X Room)  
~ **Melissa**

6:00 - 7:00

6:00 pm  
**Cardio Kickboxing**  
(Boxing Room)  
~ **Bryan**

**\*\* Zoom Virtual Classes \*\***

To attend a virtual class via Zoom:

Email:  
[colleengymfit2021@gmail.com](mailto:colleengymfit2021@gmail.com)  
to receive Zoom links for all classes.

**Follow us on  
Social Media:**

 [fitlab\\_groupfitness](#)

 [FITLAB Group Fitness](#)

**Winter Policy:**

**Morning Classes:** No School or a Delay = No morning classes.

**Evening Classes:** Cancellations due to inclement weather will be posted on the FITLAB Group Fitness Facebook page or you may call the club.

**DAYCARE HOURS AVAILABLE** Monday - Saturday 8:30am - 11:00am